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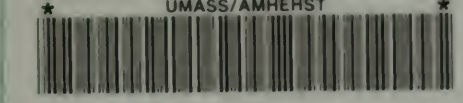

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The Massachusetts Executive Office of Elder Affairs

Respite Care

MAY 8 1989

"It would be hard to put a price on the emotional lift it gives me to have some evening or weekend freedom."

— A Caregiver —

One of the most effective ways to serve frail elders is to help the people who care for them. Caring for a severly impaired elder requires constant monitoring, assistance with daily tasks, and unconditional emotional support. The Executive Office of Elder Affairs developed Respite Care in response to the recommendations of the Governor's Committee on Alzheimer's Disease. The service provides assistance and time away for primary caregivers to an impaired elder. In this way, the elder continues to receive quality care both from caregivers and from a service provider. Most important, the elder receives concerned care at home.

Questions & Answers

WHAT IS RESPITE CARE?

Respite Care is temporary assistance provided for primary caregivers of frail elders under emergency circumstances, or by a prearranged plan for special occasions, or on a regular basis, to allow time away from the stresses and demands of providing on-going care.

WHO IS ELIGIBLE FOR RESPITE CARE?

A caregiver is defined as a family member who provides daily care to an eligible elder, regardless of whether he or she lives with the elder. The definition also includes non-family caregivers over the age of 18 who live with an eligible elder.

WHAT SERVICES ARE AVAILABLE THROUGH RESPITE CARE?

Services may include: companion, homemaker, personal care, home health aide, adult social day care, adult day health care, Alzheimer's Day Care, nursing services, adult foster care, and short-term institutional care.

HOW DO I KNOW WHICH SERVICE I'LL RECEIVE?

An agency representative will work with you and the elder in your care to determine the most appropriate service plan and will coordinate planning from services and resources available in the local community.

HOW OFTEN CAN I GET RESPITE CARE?

Each case is different. You may need a homemaker in your home for a few hours every week, or you may prefer that the elder in your care visit an institution for a few days twice a year. Appropriate services will be arranged within a maximum of $3,500.00 annually per client.

IS THERE A FEE FOR RESPITE CARE?

The Respite Care program operates on a "sliding fee" basis. This means that families of middle income will be eligible for this service at rates they can afford. Fees will range from 2% to 100% of the cost of services used. Though some families will be required to pay the full cost of services based on their level of income, they receive the benefits of case management at no extra cost to help them make optimal use of services.

WHAT DETERMINES ELIGIBILITY?

Eligibility of an elder and caregiver is determined by an agency representative using the state's Client Need Assessment Procedure (CNAP).

HOW DO I FIND OUT MORE OR ARRANGE FOR RESPITE CARE?

Call the Executive Office of Elder Affairs (EOEA) at 1-800-882-2003, or the Home Care Corporation serving your area.

For Alzheimer's Disease Information and Referral call the Executive Office of Elder Affairs Hotline 1-800-351-2299.

In 1973, the Massachusetts Executive Office of Elder Affairs was established as one of the first cabinet level agencies in the nation responsible for addressing the needs, problems, and concerns of senior citizens. The Executive Office of Elder Affairs is "the principle agency of the Commonwealth to mobilize the human, physical, and financial resources available to plan, develop, and implement innovative programs to insure the dignity and independence of elderly persons." (Chapter 19A, Section 2 of the General Laws.)

Executive Office of Elder Affairs
Toll-Free Hotline 1-800-[illegible]
Alzheimer's Hotline 1-800-[illegible]

Paul J. Lanzikos
Secretary

ELDER Affairs

Michael [illegible] Dukakis
Governor